



1925 Turnbury Drive, Greenville, NC 27858
697 Community Drive, Goldsboro, NC 27530
1314 Commerce Drive, Unit B, New Bern, NC 28562
Phone: (252) 341-9944
Fax: (252) 439-0957
info@carolinatherapyconnection.com

"Informing families, enriching lives, changing futures"

Occupational Therapy Screening Referral Checklist

Please identify any of the following red flag behaviors that your child exhibits, which may indicate need for Occupational Therapy screening:

Gross Motor (Upper Body Strength, muscle tone, trunk stability)

- Slumps in chair
- Holds head up with hand
- Fidgety in chair
- Leans on things when standing
- Tires easily (fatigues before peers, difficulty finishing assignments)
- Muscles seem tight and rigid
- Muscles seem weak and floppy
- Low Endurance
- Tremor
- Difficulty with hopping, skipping, running, compared to same age peers
- Clumsy or seems to not know how to move body; bumps into things
- Tendency to confuse left and right body sides (after age 6)
- Falls frequently
- Reluctant to participate in sports or physical activity

Fine Motor (grasp patterns, hand/wrist strength, in-hand manipulation)

- Awkward grasp on pencil/scissors
- Writing pressure too light/too heavy
- Drops things easily
- Flexes wrist when writing/cutting
- Experiences hand fatigue/pain
- Excessive hand perspiration
- Poor isolation on fingers on keyboard
- Writing not fluid
- Tries to avoid drawing, coloring, cutting, or writing
- Non-dominant hand fails to hold paper stable when writing/coloring
- Shows inconsistent hand dominance if older than age 6
- Difficulty manipulating fasteners
- Written assignments illegible (spacing, letter height)
- Immature/awkward scissors grasp
- Difficulty with keyboarding skills

Visual Perceptual/Motor/Handwriting/Oculomotor (body perception, visual perception, visual motor integration, eye-hand coordination, visual focus and tracking)

- Poor letter recognition
- Poor letter formation
- Poor letter/word spacing/alignment
- Inaccurate or slow copying/reading
- Difficulty completing reading/writing (loses place, omits words, add words)
- Poorly organized writing
- Cannot think of what to write about

- Poor drawing skills
- Unable to accurately draw a person
- Letter/word reversals (past 1st grade)
- Difficulty coloring within boundaries
- Difficulty staying on lines with cutting
- Confuses right/left (past kindergarten)
- Poor alignment of numbers in math
- Poor memory for written directions
- Poor spelling skills
- Moves head back and forth while reading
- Eye watering/rubbing/squinting
- Poor eye-hand coordination in gym
- Does not recognize or fix own errors well
- Difficulty with mazes and/or dot-to-dots
- Difficulty copying designs with manipulatives or on paper/graphs/dot maps
- Rubs eyes, squints, head close to paper
- Difficulty duplicating shapes, words, and numbers from the board, book, or model
- Loses place on page (reading or writing)

Sensory Processing (touch, visual processing, auditory processing, movement, body awareness)

- Avoids or has difficulty with eye contact
- Is easily distracted by visual stimulation
- Seems not to understand what was said
- Seems overly sensitive to sounds
- Appear reluctant to participate in sports
- Distracted by lots of noise and games
- Unable to follow 2-3 directions
- Prefers to touch rather than be touched
- Often seems overly active
- Avoids getting hands messy (art)
- Hits or pushes other children
- Seems more sensitive to pain than others
- Oblivious to bruises/heavy falls
- Complains that others hit/push him/her
- Mouths clothing/objects frequently
- Difficulty making friends
- Tends to prefer to play alone
- Has strong desire for routine/sameness
- Intense and easily frustrated
- Has strong outbursts of anger/frustration
- Lacks carefulness/Impulsive
- Bumps into things frequently
- Moves in/out of chair while working
- Falls out of chair
- Seems clumsy
- Seems to deliberately fall or tumble
- Distracted by background noises
- Fearful moving through space (swing)
- Avoids activities that challenge balance
- Avoids playing on playground equipment
- Extremely picky eater; often refuses foods kids typically eat at school/daycare